

1. Which day is celebrated as International Yoga Day? **21 June**
2. Which is the basic root of the word yoga? **'योग'**
3. Yoga means to restrain _____. **Thoughts of the mind**
4. On what does efficiency of the nervous system depend? **Flexibility of the spine**
5. Which is the excellent gift presented to the world by ancient India? **Yoga**
6. For what have the words 'ever new science' been used? **For yoga**
7. The United Nations has declared 21st June as _____. **International Yoga Day**
8. Which is the world's oldest literature? **The Vedas, the Upanishads, etc.**
9. How many Darshan Traditions are described in the Vedas? **Six**
10. Which Darshan Tradition is not seen in the Vedas? **Dakshin Meemansa**
11. Who was the creator of 'Yoga Sutra'? **Maharshi Patanjali**
12. Maharshi Patanjali was the Principal of which university? **Takshashila**
13. Apart from yoga in which subjects was Patanjali an expert? **Grammar and Ayurveda**
14. Patanjali discussed yoga through _____. **Aphorisms (Sootras)**
15. How many maxims are there in 'Yoga Sutra'? **195**
16. Yoga is a _____ of living life. **Tradition**
17. What benefits whole mankind? **Yoga**
18. Who defined yoga as **'योग: आत्मविवेकबुद्धिश्च'**? **Maharshi Patanjali**
19. In which book is yoga defined? **In Yoga Sutra**
20. Service to mankind is known as _____. **Karma yoga**
21. Knowledge-based oneness is known as _____. **Gyan yoga**
22. Control of body and mind is known as _____. **Raj yoga**
23. Patanjali Yoga is also known as _____. **Raj yoga**
24. Which is not an illusion? **Yoga is to attain oneness with the divine soul**
25. Broader outlook: _____. **Yoga is a science to understand one's body and mind**
26. What is made stronger through pranayama? **Life**
27. Important system for gaining knowledge? **Nervous system**
28. What becomes flexible by asanas? **The spinal cord**
29. What should be practiced to enhance concentration? **Meditation**
30. Which organization promotes yoga for health? **WHO**
31. Who declared International Yoga Day? **United Nations (UN)**

32. Which Darshan is not seen in Vedas? **Paschim Meemansa**
33. In reality Yoga is _____. **Psychology**
34. Basic meaning of yoga? **To gain oneness with the supreme soul**
35. Which is not an illusory thought? **Yoga is a science for both body and mind**